

Full Season Club Night Nomination for 2010 / 2011

Name: _____ Date of Birth: _____

Date	Distance	Event 2	Event 3	Event 4
7-Oct	IM	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
14-Oct	Free	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
21-Oct	Breast	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
28-Oct	FLY	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
4-Nov	Back	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
11-Nov	IM	Back	Fly	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
18-Nov	Free	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
25-Nov	Back	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
2-Dec	Breast	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
9-Dec	Fly	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100

CHRISTMAS BREAK

Eligibility for 12.5m swims will be at the coach's discretion - criteria for other distances as per handbook

Please circle the distance for each stroke that you are swimming on each club night and return sheet to the **Red** box to the right as you enter the pool area.

Weekly nominations can be submitted by using the online form on the website:

<http://www.scsaints.org.au/formmail/clubnorms.html>

Please advise Susan of any changes to your season nominations prior to the relevant club night by placing a modified nomination from in the box, submitting an online nomination or by emailing Susan at clubnorms@scsaints.org.au by the Monday prior to the club night.

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13-Jan	IM	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
20-Jan	Free	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
27-Jan	Fly	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
3-Feb	Back	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
10-Feb	Breast	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
17-Feb	IM	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
24-Feb	Free	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
3-Mar	Breast	Back	Fly	Free
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
10-Mar	Fly	Free	Breast	Back
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
17-Mar	Back	Fly	Free	Breast
	200 / 400	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100	12.5 / 25 / 50 / 100
TBA	CLUB CHAMPIONSHIPS			

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